Oda gives us a refund

International Development Minister Bev Oda pays back taxpayers for some of the expenses incurred during a stay at one of London's poshest hotels PAGE 3

HOW TO LOOK LIKE A VIKING GOD

THOR'S PERSONAL TRAINER ON HOW TO GET THAT CHISELLED LOOK PAGE 11

REGIONAL
metro®
Tuesday, April 24, 201
News worth sharing.
me s.ca | twitter. etroregina | fac com/metroregina

REAL-LIFE SUPERHEROES DRESS THE PART

They're real and they're masked — where it's legal. With numbers nearing 600, real-life superheroes are making their rounds in communities across Canada and the United States, preventing — and in some cases fighting — crime and performing acts of charity. Metro takes a look into their world. Story, pages 4 & 5. PETER TANGEN

Minister slams gender-selection ads

Advertisements running in B.C. offering service to Indo-Canadian families PAGE 3

Fulton goes Rough

The Saskatchewan Roughriders obtained offensive lineman Xavier Fulton from the Edmonton Eskimos on Monday PAGE 2

Lean is mean, critic says

Province. Education can't be run just like a business, argues professor

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

The Ministry of Education announced Friday that a system of improving process and procedures called Lean initiatives, already applied to provincial health care, was being brought in to drive efficiencies in the public education system.

But a critic of Lean initiatives in education argues that the application of a private-sector model to a public service may not be in the best interest of students.

Although the ministry claims that the savings, or "efficiencies," found through the process won't affect frontline services, critics such as Prof. Rod Dolmage are concerned about the application of a private model to a public service.

Although Dolmage agrees that there are ways that Lean could be used to find savings that don't affect frontline services, he's concerned about the new definition applied to a student. In applying Lean to education, the student and student's family become the "client," and the system of service delivery is geared towards satisfying their individual consumer needs.

"It's a business model, that students are clients," says Dolmage. "And education isn't a business."

He argues that the danger in redefining a student as a client or customer shifts the priorities of public education in problematic ways.

"This falls into the whole trap of education being a private good," says Dolmage. "If you believe it's a private good, then it belongs to the student, to the family. And so they should be able to make all kinds of choices."

This idea of student as consumer was also reflected in a recent decision by the Ministry of Education to provide more public funding for private education in the province. The idea is to give the individual parents more choice.

But the notion is contradictory to the traditional concept of public education, says Dolmage.

"I would argue that education is a public good. It's not there for the good of the individual. It's not there for the client. It's there for the benefit of society, and it exists for the good of society."

What is 'Lean'?

Used by Toyota with much fanfare to improve efficiency on the assembly line, Lean "is a client-focused approach to evaluating service delivery in a workplace to improve processes and procedures," according to a ministry statement.

1 NEWS

On the web

Bulldog has his day

Tyson, a beloved English bulldog, doesn't bite ears like his namesake, boxer Mike Tyson, but he does bear the title of champion. The two-year-old pup with a fetching face and a winning personality was crowned the winner of this year's "Beautiful Bulldog" pageant Monday in Des Moines, Iowa. Full story at metronews.ca.

A real hack job

Estonian hackers' cyber-gremlin could force users offline, warns both the FBI the Canadian Internet Registration Authority. Full story at metronews.ca.

Mobile news

Tweed-clad protesters upset that Abercrombie & Fitch's laid-back look will be coming to London's Savile Row took to the street Monday. The American chain is set to open in the same shop where the Beatles gave their final performance from the rooftop on Jan. 30, 1969. Scan for the story.

Housing strategy to address shortages and availability

New strategy. Regina's 0.06 per cent vacancy rate is the lowest in Canada

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

In response to Regina's soaring housing prices and 0.06 per cent vacancy rate, the city will embark on developing a comprehensive housing strategy over the next year.

Taking a look at, among other things, the current and future trends in the housing market, the end goal of the strategy is a municipal policy that may influence the provision of adequate, affordable and appropriate housing.

"What we really want to look at is the whole spectrum of housing, and really define what the city's role is in housing," says Diana Hawryluk, director of planning and sustainability for Regina.

Until the late fall the city, in conjunction with Ontario's SHS Consulting, will be conducting extensive research, speaking with different organizations about the housing issue and looking into policies adopted by other municipalities.

"From homelessness all the way up to high-end housing," says Hawryluk, "we'll be meeting with identified stakeholder groups and doing interviews with them and gaining input from them."

The range of input is important to the process, says Hawryluk, because the definition of affordable is relative.

"Even the definition of affordable housing is controversial. What's affordable to one person might not be affordable to another. Affordability is a controversial term because it means something different to different people. What we want to look at is availability of housing, and attainable housing for different groups."

The research will include a consideration of such policies as rent control and additional social housing. Once initial research is complete, the process will be opened up for public input.

The final report recommendations are anticipated to go to council in the spring of 2013.

"And all of this will feed into the official community plan," Hawryluk says.

Zoning is one area that the city does have control over — affordable housing is, in fact, the mandate of the province and federal government, not municipalities. One goal of the review is to identify what role the city can play within its limitations.

"We need to look at where our tax dollars are going and what programs are we supporting," says Hawryluk.

"We can have a huge advocacy role through different mechanism through our policy directions."

Proposed changes

- **Zoning.** One policy area that the city should review, says Diana Hawryluk, director of planning and sustainability, is zoning bylaws. "We need to take a look at what kinds of housing units are allowed in the zoning bylaw," she says.
- **Bylaws.** She cites the bylaws controlling secondary units as an area that has room for change. Regina currently only allows a second unit (for example, a basement suite or unit over a garage) in existing buildings. "Other cities have adopted those policies (around secondary units) to help create increased densities in existing infrastructure. So there are many things that this city can do."

Paddling through a rare heat wave ... but not for long

Ben Steele paddles his way across Wascana Lake on a hot and sunny Monday. The forecast for Tuesday promises to bring us more glorious sunshine with a high of 28 C. Enjoy it while it lasts — cooler temperatures are back by Wednesday. CAL FEHR/FOR METRO

Michigan

Fight to grow pot on former mine

A Saskatoon biotechnology company wants to cultivate medical marijuana in a former copper mine in Michigan's Upper Peninsula where it has been growing plants for more than a decade. Prairie Plant Systems Inc., which has a contract to supply medical marijuana in Canada, would need approval from state and federal officials to convert the mine in White Pine, the Detroit Free Press reported.

Brent Zettl, the company's president and CEO, said there's demand despite major regulatory hurdles. "There's a need to bring this under the proper reins of appropriate manufacturing for patient safety and for public safety," Zettl said.

Michigan voters approved the use of medical marijuana in 2008, but the law does not explain where people are supposed to get it. THE ASSOCIATED PRESS

Trade. Roughriders' new offensive lineman comes with heavy experience

The Saskatchewan Roughriders acquired import offensive lineman Xavier Fulton from the Edmonton Eskimos on Monday for a 2013 conditional sixth-round draft pick.

The six-foot-four, 300-pound Fulton was a fifth-round pick of the Tampa Bay Buccaneers in the 2009 NFL draft. The 25-year-old Chicago native has also spent time with the Indianapolis Colts, San Francisco 49ers and Washington Redskins practice rosters. Fulton was with the UFL's Virginia Destroyers last year.

Originally a defensive end at Illinois, Fulton signed up for the Golden Gloves boxing event in Chicago and won his weight class April 13. Fulton is 3-0 as a boxer.

THE CANADIAN PRESS

Riders picked up Xavier Fulton on Monday. CONTRIBUTED/NFL

Surgery. MOH reveals how wait times will shortened

The Saskatchewan Ministry of Health shed some light Monday on where the budgeted $60.5 million for surgery care will go.

The funding, intended to help cut wait times for surgery, will be directed to hospital costs such as supplies and salaries, and will also enable improvements that support the surgical system, such as quality improvement and safety initiatives, surgical and diagnostic equipment, and renovations to operating rooms.

The investment is part of the Saskatchewan Surgical Initiative.

The initiative stirred up controversy last month when the doors to two private surgery clinics, one in Regina and one in Saskatoon, opened for business. The private clinics are a part of the initiative and part of a plan for cutting surgical wait times.

CARRIE-MAY SIGGINS/METRO

Two years later. Murder charges laid in deaths of missing Alberta couple

A man long identified by police as a suspect in the deaths of an Alberta couple who were last seen nearly two years ago has been charged with first-degree murder in their deaths.

Mounties first named Travis Vader as a person of interest in the case on July 16, 2010 — 13 days after Lyle and Marie McCann were last seen alive and the same day their SUV was found east of Edson, Alta.

He has been in custody ever since on unrelated charges.

Investigators moved on the murder charges over the weekend even though the McCanns' bodies haven't been found.

"This is an excellent day. As a family, we're all relieved. We've waited a long time for this arrest,' said Bret McCann, the couple's son.

"What happened to my parents? We're hoping that this will come out and I'm actually hoping that Mr. Vader can in the short term here (provide) some of these answers and maybe help us locate my parents."

The McCanns left St. Albert, a city bordering northeast Edmonton, on July 3, 2010. They were heading to B.C. in their motorhome and towing their SUV. THE CANADIAN PRESS

B.C.

Ambrose condemns U.S. ads offering gender selection

The federal cabinet minister responsible for the status of women is condemning advertisements running in B.C. that offer gender selection for couples wanting a baby.

Rona Ambrose says she's disturbed by the ads that target B.C.'s Indo-Canadian community.

A clinic in Bellevue, Washington offers pre-conception gender-determination services. Ambrose says the ads are contrary to Canadian values. THE CANADIAN PRESS

Oda repays taxpayers for upgrading her hotel

Conference on immunizations. Minister pays after media queries about her re-booking into a hotel at a much higher cost

Champagne tastes

"Can one night at the Savoy be justified? I suppose if you're in a high-flying rock band."
NDPer Nathan Cullen

International Development Minister Bev Oda repaid taxpayers Monday for the cost of rejecting one five-star hotel in London, England, and re-booking at a swankier establishment at more than double the rate.

Oda's office revealed the reimbursement about eight hours after The Canadian Press first reported the hefty lodging bills, and three days after the agency began asking questions about the expenses.

Spokesman Justin Broekema said Oda paid the fee difference between the two hotels, as well as the cancellation fee at the first one.

Oda was originally supposed to stay at the Grange St. Paul's Hotel, site of the conference on international immunizations she was attending.

Instead, she had staff re-book her into the posh Savoy overlooking the Thames, an old favourite of royalty and currently owned by Prince Alwaleed of Saudi Arabia.

The switcheroo is reminiscent of a controversial trip six years ago, when Oda rejected a minivan for transportation and opted for a limousine instead.

She reimbursed taxpayers for some of those costs after that story emerged in the news media.

Oda had a luxury car and driver in London shuttling her between conference site, her new hotel and beyond at an average cost of nearly $1,000 a day. There was no indication from her office whether any of those travel costs were reimbursed.

International Development Minister Bev Oda refused to stay at one five-star hotel in London last year and re-booked elsewhere at more than double the cost. BEN FISHER/THE CANADIAN PRESS

The bill for three nights at the Savoy last June set back taxpayers $1,995, or $665 a night. The government still had to pay for a night at the hotel she rejected, costing an additional $287.

A juice Oda expensed from the Savoy cost $16.

Oda has been criticized for champagne tastes in the past.

In 2006, she used limousines to ferry her to and from the Juno Awards ceremony in Halifax, racking up $5,475 in bills. THE CANADIAN PRESS

Zimmerman released from prison, awaits trial

George Zimmerman, left, walks out of jail. He posted bail on a $150,000 US bond on a second-degree murder charge. BRIAN BLANCO/THE ASSOCIATED PRESS

In a low-key event, George Zimmerman was released from a Florida jail on $150,000 US bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighbourhood-watch volunteer was wearing a brown jacket and blue jeans and carrying a paper bag as he walked out of the Seminole County jail in the early morning darkness on Monday.

He was following another man and didn't look over at photographers gathered outside.

The two then got into a white BMW car and drove away.

Zimmerman gave no statement as he left the suburban Orlando jail.

His ultimate destination is being kept secret for his safety and it could be outside Florida.

As with the July 2011 release of Casey Anthony, the Florida woman acquitted of murder in the death of her young daughter, Zimmerman was released around midnight. But the similarities end there. Anthony was quickly whisked away by deputy sheriffs armed with rifles as angry protesters jeered her. While news helicopters briefly tracked her SUV through Orlando before she slipped from public view, there was no such pursuit of Zimmerman, who will have to return for trial.

Circuit Judge Kenneth Lester said at a hearing Friday that Zimmerman cannot have any guns and must observe a 7 p.m. to 6 a.m. curfew. Zimmerman also surrendered his passport.

Zimmerman had to put up 10 per cent, or $15,000, to make bail.

Zimmerman worked at a mortgage risk-management company at the time of the shooting and his wife is in nursing school.

A website was set up to collect donations for Zimmerman's defence fund. It is unclear how much has been raised.

Bail is not unheard of in second-degree murder cases, and legal experts had predicted it would be granted.

His attorney, Mark O'Mara, has ruled out Zimmerman getting a job while he is out on bail. And O'Mara wrote in court papers that Zimmerman "has no significant financial assets or savings." THE ASSOCIATED PRESS

Secret Service

Military security clearances suspended in Secret Service sex scandal

U.S. Defence Secretary Leon Panetta says the Defence Department has suspended the security clearance of military members who are being investigated for their possible roles in the Secret Service sex scandal that took place in Colombia earlier this month.

Panetta told reporters about the disciplinary action Monday en route to Colombia, where he was making a long-scheduled visit to meet with defence officials there.

It was not clear how many of the 11 military members had security clearances.

"My biggest concern is the issue of security and what could possibly have been jeopardized by virtue of this kind of behaviour," Panetta said.

Twelve Secret Service officers, as well as the 11 military members, have been implicated in the scandal. {THE ASSOCIATED PRESS

France

Both Hollande and Sarkozy likely to reach out to the fringe for support

Socialist Francois Hollande and conservative Nicolas Sarkozy are going head-to-head in France's presidential runoff, but a third figure looms large in the campaign: The leader of the nation's far-right National Front.

Nearly one in five French voters cast their ballot in the first round for Marine Le Pen.

She wants to pull out of the euro currency, reinstate border controls, crack down on immigrants, and stamp out what she claims is the Islamization of France.

That means both Hollande, who had a slight lead in Sunday's vote, and the incumbent Sarkozy are sure to reach out to the fringe.

They will likely do it with protectionist rhetoric at a time when Europe is seeking steady leadership from France to help lead it out of its debt crisis. Wooing the extremes will likely occupy much of the remaining campaign; how they divide their support holds the key to who wins. THE ASSOCIATED PRESS

Former candidate

John Edwards trial set to go to jurors

Prosecutors and defence lawyers in the John Edwards trial were poised to begin making their case to jurors on whether the former American presidential candidate violated federal campaign finance laws.

Opening statements began Monday in Greensboro, N.C.

Edwards, 58, pleaded not guilty to six criminal counts related to nearly $1 million US in secret payments from two wealthy supporters.

Much of the money was allegedly used to hide the then-married politician's pregnant mistress during his 2008 White House campaign.

Prosecutors are expected to argue that Edwards masterminded a conspiracy to conceal his affair. Edwards' lawyers contend the payments were gifts from friends intent on keeping the candidate's wife from finding out about the mistress, Rielle Hunter, and her baby.

Elizabeth Edwards died in December 2010 after battling cancer. THE ASSOCIATED PRESS

The superheroes of your youth may no longer be complete fiction.
Across the globe, masked avengers guard the streets to prevent and fight crime.
Within a community that seems like a fantasy world, some people have pushed their childhood dreams further.
Approximately 600 superheroes, often disguised by costumes, protect their communities in different ways.
Alone or with teammates, these men and women patrol the streets of their cities to help those in need,
often risking their own lives. We call them:

REAL-LIFE SUPERH

Superheroes, from left, Life, Zetaman, Crimson Fist, KnightVigil, Super Hero, Mutinous Angel, Motor Mouth, Geist, Z, Thantos, DC's Guardian, Phantom Zero, Nyx, Ragensi, Deaths Head Moth, Civitron, Zimmer, Citizen Prime, Dark Guardian and Master Legend.

NADIA FEZZANI
For Metro Canada

Although some might think they're crazy, Real-Life Superheroes (RLSH) are regular people who want to make a difference in the world. They are journalists, teachers, bouncers, business people, truck drivers, cashiers. When they put on their masks or outfits, they become the superheroes they want to be.

Some patrol the streets at night to fight crime. Many raise funds and do charity work for specific causes. Many give aid to those affected by natural disasters. However, one specialty does not limit the causes to which an RLSH contributes.

Surprisingly, documented Real-Life Superheroes have existed since 1969. Until a couple of years ago they were underground, trying not to be noticed. Some superheroes have been active for more than 20 years.

Many RLSH are motivated by their personal experiences. A victim of domestic abuse might raise funds for the cause. And a victim of violent crime might patrol the streets to keep people safe. Some RLSH are seeking fame, others do it for fun.

Whatever the motivation may be, fulfilling the mandate is not an easy task.

Some superheroes work every other weekend, while others patrol three to five nights a week. Several of them have children.

With no financial help, it can be an expensive activity — many superheroes offer water, food and warm clothing to their "wards" who live on the street.

Equipment costs can run high — cameras, walkie-talkies, pepper spray, Tasers.

Costumes — or uniforms, as some call them — are another consideration. Some choose them to be friendly-looking while others want to intimidate law-breakers. Some can't be disguised at all, based on state and local law.

Depending on the danger of what they do, some superheroes must be cautious not to reveal their identities; the suspects they have helped get arrested could seek retaliation.

Does this sound like a job for you?

As Sage Michael reminds us in his book How to Become a SuperHero, not all fictional superheroes have super powers. Batman and Iron Man are the most human personas: Mortal, with strengths and weaknesses.

What is not negotiable: Good values, positive motivation and training for the task. Control and respect are important, too, as many new RLSH sometimes push the limit too far, becoming vigilantes. The goal is to use their strength for the right motives, to respect the law and let authorities do their work.

Quoted

"In 2007 there had been floods in Minnesota, so I bought a lot of supplies to distribute. After dropping them off in two cities, a pastor in Lewiston told me, 'If you can get into Stockton....' They got hit hard. There were mud slides and rock falls. The roads were barely passable. Homes were destroyed and there were several fatalities. The Salvation Army was at the emergency centre with a truck for support. I was also there with a small truck. As I was carrying the bags, I saw a highway patrolman on foot. Being in full costume, I momentarily surprised the officer, and he instinctively put his hand on his Taser. I asked, 'Where can I put these supplies?' He said, 'Ah! Right over here.' I said, 'OK, great! I have a truckload more.' He said, 'Do you want help?' And I said, 'No, sir! I'm a superhero.' And he laughed. I think it was the first laugh he had all day."

Geist.
This superhero devotes his efforts to helping the homeless and those touched by tragedy

In Metro Wednesday

- **Thantos.** Meet Vancouver's very own superhero.
- **Plus:** Female superheroes

In Metro Thursday

- **Super villains vs. Superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- **Geist: The "Green Space-Cowboy" superhero.** Dressed in a long trench coat, cowboy hat and a green scarf covering his face, Geist's costume is often described as "green space-cowboy chic." He focuses his efforts to help those who need it most, the people whose lives have been touched by tragedy and homelessness.

EROES

PETER TANGEN/FOR METRO

Cross-border showdown. Canadian- vs. American-style superheroes

In Canada, violence is much less frequent than it is in the United States.

For that reason, Canadian RLSH are less likely to fight crime than they are to support social causes.

For example, some make presentations in schools to raise awareness about bullying; others raise funds to support the homeless.

In the United States, superheroes do similar things, but more superheroes will patrol the streets at night, concentrating on violent areas.

Depending on the state they live in, they may carry pepper spray and Tasers, and a few carry guns, which is illegal in Canada.

NADIA FEZZANI/FOR METRO CANADA

Get to know your friendly neighbourhood superheroes

From the West Coast to the East Coast, more than 15 RLSH are active in Canada. Some patrol the cities at night to fight crime, help others and provide first aid; others stand against bullying, perform community outreach and champion different causes.

CANADA

Aeon Star — Quebec City

Patrolling at night with his team, Aeon Star wants to "diminish violence and pass the message that anyone can make a difference. We raise funds for foundations that help victims of bullying and walks to schools and parks to make people aware of our availability in case they need help."

NADIA FEZZANI/ FOR METRO

Polarman — Iqaluit

Polarman visits schools to speak to children. "I wanted to help people. I am tired of seeing people always picking on those weaker then themselves, so I vow to fight back against bullies and all other forms of abuse. I try to get everyone to work together."

NADIA FEZZANI/ FOR METRO

Timber Wolf — Mississauga, Ont.

At the age of 17, Timber Wolf wanted to make his community a better place. "I just see all sorts of problems but I need the help of the people to fix them. I'm not a vigilante. I'm not beating up bad guys like in comic books." He wears a mask as a symbol for peace.

NADIA FEZZANI/FOR METRO

USA

Deaths Head Moth — Norfolk, Va.

With teammates from the Virginia Initiative, "we actively patrol our community and several other cities to prevent violent crimes." They also report crimes to authorities.

NADIA FEZZANI/ FOR METRO

Dark Guardian — New York

Dark Guardian confronts and exposes drug dealers in a N.Y.C. park. "I have seen a big difference." He also gives food and clothing to homeless people.

NADIA FEZZANI/ FOR METRO

Hazmat CitizenCrusader & Nightingale CfourOracle — Portland, Ore.

Hazmat and Nightingale perform homeless outreach and raise funds for charities like March of Dimes and shelter refurbishment. "We also participate in neighborhood-watch activities to a lesser extent, due to a low crime rate locally."

NADIA FEZZANI/ FOR METRO

Ball lost in Japanese tsunami retrieved by Alaskan couple

Long way from home. Couple plans to return inscribed ball belonging to Japanese teenager

A teenager who lost his home in Japan's devastating tsunami now knows that one prized possession survived: A soccer ball that drifted all the way to Alaska.

Officials from the National Oceanic and Atmospheric Administration say the ball with the youngster's name on it is one of the first pieces of debris from last year's tsunami to wash up on the other side of the Pacific.

David and Yumi Baxter hold a soccer ball and a volleyball that David found at their house in Anchorage, Alaska. The Japanese teenage owner of the soccer ball had his name written on it. KYODO NEWS/THE ASSOCIATED PRESS

A man found the ball while beachcombing on an Alaskan island, and his wife, who is Japanese, talked with its owner, 16-year-old Misaki Murakami, by phone over the weekend. They plan to send the ball back to him soon.

Murakami, from the town of Rikuzentakata, is surprised and thankful the soccer ball has been found more than 5,000 kilometres away.

"It was a big surprise. I've never imagined that my ball has reached Alaska," Murakami told public broadcaster NHK. "I've lost everything in the tsunami. So I'm delighted. I really want to say thank you for finding the ball."

He was particularly glad because all furniture and sentimental items in his home had been washed away in the March 11, 2011, tsunami, which devastated a long stretch of Japan's northeastern coast and killed about 19,000 people.

The ball, which also had messages of encouragement written on it, was given to him in 2005, when Murakami was in third grade, as a goodbye gift when he transferred to another school.

Debris from the tsunami initially formed a thick mass off Japan's northeastern coast and has since spread out across the Pacific.

THE ASSOCIATED PRESS

April snow showers?

Snow blankets daffodils in Saranac Lake, N.Y. Soaking rain and high winds churned up the East Coast of Canada and the Northeastern U.S. Monday morning, unleashing a burst of winter and up to a foot of snow inland, closing some schools and sparking concerns of power outages. CHRIS KNIGHT/ADIRONDACK DAILY ENTERPRISE/THE ASSOCIATED PRESS

Trade talks ramping up

Free-trade talks with the European Union are nearing the "end game," although the most difficult issues still remain on the table, the head of the EU council said Monday.

Pia Olsen Dyhr, the Danish trade minister and president of the council, said she was optimistic a deal could be struck within six months.

"We are actually at the end game. At the moment we have finalized 75 per cent. It's been one of the most forthcoming negotiations" the EU has ongoing, she told a news conference with Canadian Trade Minister Ed Fast.

"I see that coming soon and we might expect within a half a year we have finalized the agreement."

Fast was more circumspect in his comments, saying progress was being made at a "satisfactory pace" and he hoped for an agreement by the end of the year. The talks on a Comprehensive Economic and Trade Agreement would establish the most wide-ranging trade deal Canada has ever entered, encompassing not only goods, but investment and services, and provincial and municipal government procurement.

Analysts have noted that Ottawa once promised a deal would be struck by the end of last year, suggesting that the contentious parts of the negotiations were proving more difficult to crack than expected.

That should have been anticipated, said trade lawyer Lawrence Herman of Cassels Brock LLP.

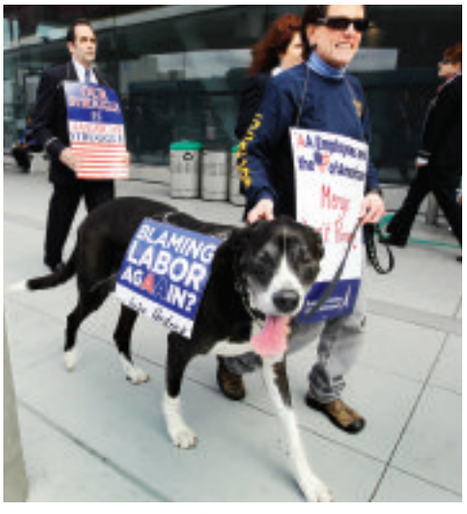
"There were probably over-optimistic forecasts on the timing," he said.

THE CANADIAN PRESS

Rules of origin

Rules of origin has emerged as a complex issue since some Canadian manufactured goods are integrated in North American and global supply chains.

- Agricultural subsidies are also the sticking point in Canada's attempt to join the Trans-Pacific Partnership trading bloc and is opposed by farmers.



Pooches picket, too

American Airlines flight attendants and supporters picket in front of the American Airlines passenger terminal at San Francisco International Airport on Monday. Among other issues, the airline wants to eliminate 13,000 union jobs, freeze or terminate pension plans, curb health benefits, and reduce time off. PAUL SAKUMA/THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.91¢ (+0.16¢)

TSX 11,989.10 (-158.18)

OIL $103.11 US (-77¢)

GOLD $1,632.60 US (-$10.20)

Natural gas: $2.007 US (+8¢)
Dow Jones: 12,927.17 (-102.09)

Q1. Facebook reports lower income vs. 2011

Facebook's first-quarter net income fell 12 per cent, weighed down by higher expenses even as its revenue soared, the social-networking company said Monday, just a few weeks ahead of its expected initial public offering in May.

Facebook said in a regulatory filing that its net income fell to $205 million US in the three months that ended March 31, from $233 million a year earlier. Net income attributable to common shareholders fell to $137 million from $153 million. That amounts to earnings of nine cents per share in the latest quarter, down from 11 cents a year earlier.

The company said its revenue rose 45 per cent to $1.06 billion. Facebook said it had 901-million monthly active users as of March 31, up from $845 million as of the end of 2011.

The number of people using its mobile applications each month grew to $488 million as of the end of the quarter, from $432 million as of the end of last year. THE ASSOCIATED PRESS

Big deal. Microsoft sells AOL patents to Facebook

Microsoft, which just bought patents from AOL for $1 billion US, is now turning around and selling most of them to Facebook for $550 million.

Microsoft and Facebook said Monday that Facebook is buying about 650 of the 925 AOL patents and patent applications Microsoft bought.

Facebook will also get a licence to use the rest of the AOL patents. Similarly, Microsoft will get a licence to use the patents Facebook is buying. THE ASSOCIATED PRESS

Lawsuits

- **March 12.** Yahoo sues Facebook, claiming that Facebook has infringed 10 of its patents covering advertising, privacy controls and social networking.
- **April 3.** Facebook files its own lawsuit, accusing Yahoo of violating 10 patents covering photo tagging, advertising, online recommendations and more.

NETWORKING AND THE ART OF MAKING FAKE FRIENDS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while — and always against my will — I find myself in a situation in which I am expected to "network." The thing about being a writer is that you end up becoming very skilled at typing — not talking. Consequently, standing in a room full of other less-than-chatty individuals can be painfully awkward.

We all know the importance of networking when it comes to job seeking. Maybe you know this from experience, or from a professional development class, or from your know-it-all uncle who is constantly reminding you: "It's not what you know — it's *who* you know."

I know a few MBA candidates who have been required to attend mandatory networking events to brush up on their schmoozing skills. Students learn the importance of eye contact, exchange glad-handing tips and go head-to-head against each other in timed business-card-collecting competitions.

Too much mix, not enough mingle

"These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing appeal of free alcohol is tempting, but relying on it can be detrimental when it comes to making a good first impression."

While these formal networking exercises seem a bit superficial, business logic suggests that a stellar resumé means nothing in a world where being unconnected results in being unemployed.

Unfortunately, this is bad news for introverted folk who do not excel at small talk with strangers. I might have plenty to say in writing, but social networking in real life is an entirely different story. My idea of "working the room" is nibbling on appetizers and hiding in a corner with my smartphone until it's appropriate to leave.

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing appeal of free alcohol is tempting, but relying on it can be detrimental when it comes to making a good first impression.

But even with a glass of wine in hand, I have a difficult time selling myself and an even harder time listening to everyone else's elevator pitch. I always find myself wondering, do we really have to have a conversation? Can't you just follow me on Twitter?

Yes, I realize this makes me sound socially inept, but hear me out. It's not that I'm bad with people — I actually think I'm quite good when it comes to socializing — but this form of instantaneous faux-friending just isn't my specialty.

I don't know how to win friends and influence people, but I do know how to nurture real friendships over a long period of time, and that's far more important. After all, at the end of the day, life isn't really about the number of business cards in your wallet.

Solving the networking puzzle, one piece at a time. ISTOCK

One of these things ain't like the other

E. LAZAREVA /FAR EAST RUSSIA ORCA PROJECT (FEROP)

Black sheep

World's first white orca found

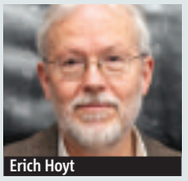
RUSSIA. Scientists have spotted what they believe to be the first all-white adult orca, or killer whale, off the coast of Russia's Kamchatka Peninsula in the north Pacific Ocean. The male, named Iceberg, was discovered by the international Far East Russia Orca Project (FEROP) near the Commander Islands. "He's a symbol of all that is pure, wild and extraordinarily exciting about the ocean," said Erich Hoyt, the co-head of FEROP. **METRO**

Part of the pack

2 metres

Iceberg's dorsal fin, the first visible sign of this unique orca, spans two metres. He lives in a family "pod" with 12 relatives. Twelve years of research have shown that his pod is one of 61 identified orca units in the region. "This discovery is spectacular," says Hoyt, who also serves as a senior research fellow at the Whale and Dolphin Conservation Society.

60 seconds



Erich Hoyt

Is this whale albino?

We are currently not sure. We need to check his eyes for a pink pigmentation to be certain.

Is he perhaps treated differently because of his colouring?

Family bonds are very strong among orcas. There is no evidence that he is an outcast.

Is there a danger his life could be under threat?

The remoteness means he's away from human contact but recent seismic surveys for oil and gas in the region could disturb orcas in the future. This is something of concern.

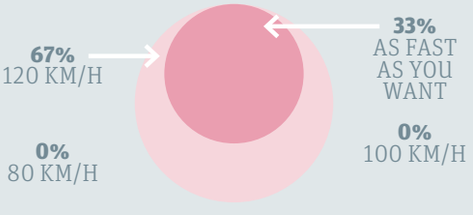
You have found your white whale. Did anyone compare you to Ahab from Moby Dick?

I hope not (laughs). From the time of Ahab, we have come a long way in terms of our understanding of whales.
ANTHONY JOHNSTON/METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How fast should you be allowed to drive on a large highway?



Twitter

@deezwoz:
It's 26 °C outside in #YQR and 28 °C inside my work office. Whaddya tryin' to do, sweat the truth outta me?! #NeedaSlurpee

@CASSITYZ99:
A girlfriend of mine is moving here! She needs a job first tho..if you know of almost ANYTHING please let me know! :) #jobs #yqr

@kjbriere:
Just because my spot is empty at lunch doesn't mean you can park to stroll around Wascana. Read the parking signs! #yqr #madashell

@TheOtherAshleyM:
Sunshine feels so good after months of cold and clouds. I ate lunch outside and it rocked. #yqr

@AmandaWirges:
@conexusartscntr Still a classic today, Love Shack! #RockofAges #yqr

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

2

SCENE

Scene in brief

Giuliana and Bill expecting

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Last fall, 37-year-old Giuliana announced she had breast cancer and later underwent a double mastectomy. She did not need chemotherapy. Giuliana is the host of E! News. Bill is a 40-year-old entrepreneur and motivational speaker who won the first season of Donald Trump's The Apprentice. Together, they co-star in a reality show on the Style Network called Giuliana & Bill. Much of the show has been devoted to their fertility issues.

THE ASSOCIATED PRESS

Rhoda Morgenstern memoir in the works

At last, the truth about Rhoda Morgenstern. Valerie Harper, the actress who played one of television's most beloved sidekicks, is working on a memoir called I Rhoda Book. The memoir is scheduled for January 2013 and would feature Harper's years on The Mary Tyler Moore Show and as star of the spinoff series Rhoda.

THE ASSOCIATED PRESS

On the web

Carrie Underwood, Miranda Lambert lead CMT Awards nominations

Hugh Grant is the voice of an inept pirate captain angling to be pirate of the year in The Pirates! Band of Misfits. HANDOUT

It's a pirate's life for director Peter Lord

Comedic casting

Captain Hugh Grant

Peter Lord banked on Hugh Grant's comedic prowess when casting him as the Pirate Captain in The Pirates! "I really wanted a star for the thing. Hugh is probably the shining example of his generation of a comic actor (so) there was a kind of leap of faith there that he could do it," said Lord.

Pirate Pete

Two key films that inspired director Peter Lord:

- **Treasure Island (1950)** "Treasure Island is such a great story!"
- **Captain Blood (1935)** "There are some very great fight scenes, which we hope to use in the sequel."

Underdog story. In Lord's latest animated imagining, a nitwit pirate (voiced by Hugh Grant) pursues a pirate of the year award

STEVE GOW
scene@metronews.ca

Whether it's Wallace & Gromit or last year's Arthur Christmas, it seems the Aardman animation company deals in underdogs.

"I always do like those stories," said company co-founder Peter Lord recently in Toronto.

"It's definitely not part of the mandate but it does come very naturally, I have to say."

Now with his latest turn directing The Pirates! Band of Misfits (in theatres this Friday), the Oscar-nominated filmmaker brings to life another lovable nitwit in the Hugh Grant-voiced Pirate Captain — a delightfully inept swashbuckler with eyes on the Pirate of the Year award.

"The Captain is an interesting (character) because he's the underdog but he's quite blind to it," explained Lord.

"He's very unaware of what's going on around him so his complete unfittedness to be Pirate of the Year — he doesn't see at all and I find that charming. Delusion is charming."

Half of the strange allure is in the simple archetype of the pirate. For decades, seafaring buccaneers have been entertaining moviegoers of all ages — including Lord.

"It's as simple as this — kids like to see adults behaving badly," said the filmmaker. "These pirates, let's face it, they're not very dangerous, they're not going to hurt anyone. But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The challenge of making The Pirates! was a special kind of lure for Lord specifically. His love of the craft undeniable, Lord's reasons were straightforward in returning to traditional stop-motion animation after making the computer-generated Arthur Christmas.

"A million elves, that sounds like CG," said Lord. "But a wooden tub of a pirate ship with bits falling off it and a crew of shabby rogues on board — that sounds like stop-frame to me."

Quoted

"These pirates ... they're not very dangerous. ... But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The Pirates! Band of Misfits director Peter Lord

DVD reviews

Contraband

Director. Baltasar Kormakur

Stars. Mark Wahlberg, Giovanni Ribisi, Kate Beckinsale

The proverbial "one last job" takes on family urgency when a former smuggling ace (Mark Wahlberg) is obliged to do a risky Panama run to save his wife (Kate Beckinsale) and kids from a vengeful drug lord (Giovanni Ribisi).

Director Baltasar Kormakur, who played the lead in the Icelandic original Reykjavik-Rotterdam, stays in close and dark in this heavily plotted drama, which doesn't really pick up steam until the final reel.

A smart tough-guy turn by Wahlberg gets good ensemble support (including Ben Foster and J.J. Simmons), all of which helps keep Contraband from being just another crime story.

So does the step-by-step procedural on the mechanics of smuggling, which perks interest even while the action threatens to flag. Extras include a director/producer commentary, deleted scenes and making-of featurettes..

PETER HOWELL

Sleeping Beauty

Director. Julia Leigh

Stars. Emilly Browning, Rachael Blake, Ewen Leslie

There are no handsome princes or enchanted forests in Sleeping Beauty. In fact, there's not a whole lot of anything, apart from carefully arrayed nudity and some kinky behaviour that daren't risk a censor's wrath. Eros snores.

This debut feature by Julia Leigh, an Australian novelist turned director, is afraid to explore the grim subject of female exploitation it meekly approaches. Extras include interviews and the movie's trailer.

PETER HOWELL

The villain speaks: Tom Hiddleston reprises his role as Loki in The Avengers

Being bad. Actor from Thor has the tough task of taking on six superheroes at the same time

NED EHRBAR
scene@metronews.ca

Actor Tom Hiddleston says he was giddy after seeing the finished Avengers at the film's premiere. HANDOUT

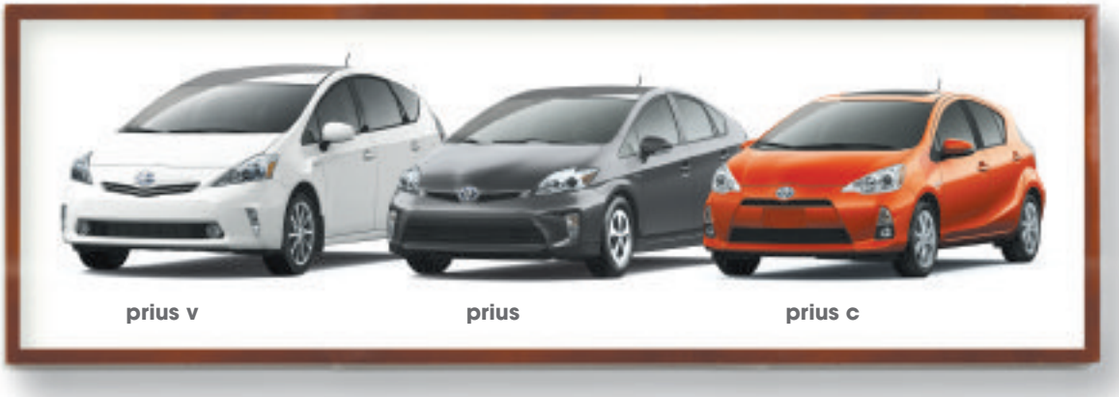
It takes quite a villain to require the combined forces of six superheroes — someone out of this world, perhaps. Luckily, British actor Tom Hiddleston is up to the challenge, reprising the role of the mischievous Loki from Thor, this time setting his godlike sights on Earth. We caught up with Hiddleston the day after The Avengers premiere.

How was the premiere?
This is the first time I've been able to really talk about the film. I really only saw it for the first time myself (at the premiere), so I'm kind of giddy with it. What was the most thrilling thing for me was how much people laughed. The whole film is laced with a very particular [director Joss] Whedon humour, and I think he should be very proud of that. I remember laughing at the script, but sometimes those laughs are dissipated or diluted somehow in the shoot or the post-production. But the thrill of listening to a whole theatre laughing so loud that you couldn't hear the next line is really great.

Do you think a big summer blockbuster needs to have that balance of humour and darkness and action to really make it a big movie?
I don't know if it's a necessity. I mean, I've seen big movies that don't make you laugh. They're still fantastic, and they can move you in different ways. You know, I loved the Dark Knight, but I don't remember laughing particularly loudly at it. Is it funny? Are there laughs in it?

How is it reprising a role, but with a new writer and director? How does it compare going from Kenneth Branagh, who directed Thor, to Joss Whedon?
What's surprising to most people is that they actually have so much in common. Ken is actually a really populist cinephile. Every Friday night, he's at the pictures with his wife watching the most genre or populist thing out there. And Joss is a huge Shakespeare buff. They both have this amazing handle on what good drama is, and my good fortune is that Joss saw an early cut of Thor just as we were coming to the end of shooting and he loved it. He just really dug it.

enter the pick your prius contest for your chance to win a new family member.



visit metronews.ca/pickyourpriuscontest to enter for your chance to win the prius of your choice*:

metro

prius for everyone.ca

TOYOTA
make things better

*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

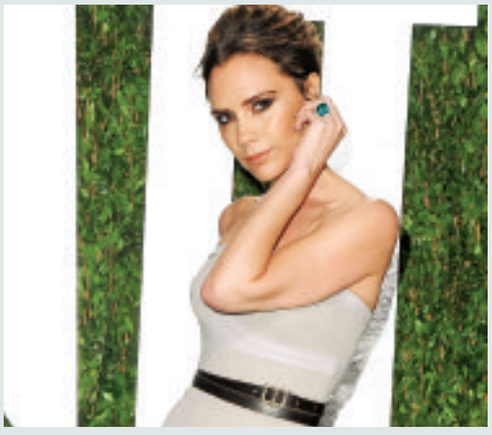
The Word

Drive it like Beckham

THE WORD
Dorothy Robinson
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



For only $129,000, you can purchase an SUV designed by Victoria Beckham.

Because the rich don't have enough nonsense to spend their money on, Range Rover commissioned the former Spice Girl to help design a very limited edition of their new SUV, the Evoque.

Only 200 such vehicles will be made, with a price tag that is twice the cost of a regular model.

Does it matter that Beckham has zero experience in designing cars? Of course not!

"I did a lot of research — not just with cars, old and new, but boats, planes, movie stars, different locations," she told Reuters on Sunday in an interview in Beijing, where she was promoting the vehicle.

According to Reuters, the Beckham-designed vehicle features gold accents on the grille and gloss-black forged alloy wheels, as well as "vintage-inspired leather seats, rose gold-plated accents and … trimmings of black lacquer, textured aluminum and mohair."

"I want a car that reflects my personality. I'm really proud of this car," she told the Daily News.

Funny. You think a car that reflects Victoria Beckham would look eternally grumpy and be so tiny you could never fit into it.

Handler vs. Jolie rematch

Chelsea Handler

Chelsea Handler isn't letting go of her grudge. When asked in an interview with More magazine who she thinks is the opposite of a girls' girl, Handler says, "Probably Angelina Jolie. She doesn't strike me as someone I would have a close friendship with. You just know as a woman, when you see another woman, if that's a woman you can trust." Last year, Handler turned heads when she labeled Jolie "a home-wrecker."

Angelina Jolie

Sweet Katie, bah, bah, bah

Neil Diamond married his manager, Katie McNeil, this weekend in an intimate ceremony in Los Angeles, according to Us Weekly. The Sweet Caroline singer is 71, while McNeil is 42. Diamond took to Twitter last September to announce the engagement, posting, "Good news coming from sunny L.A., and you're the first I want to tell. Katie and I just got engaged, and I hope you wish us well."

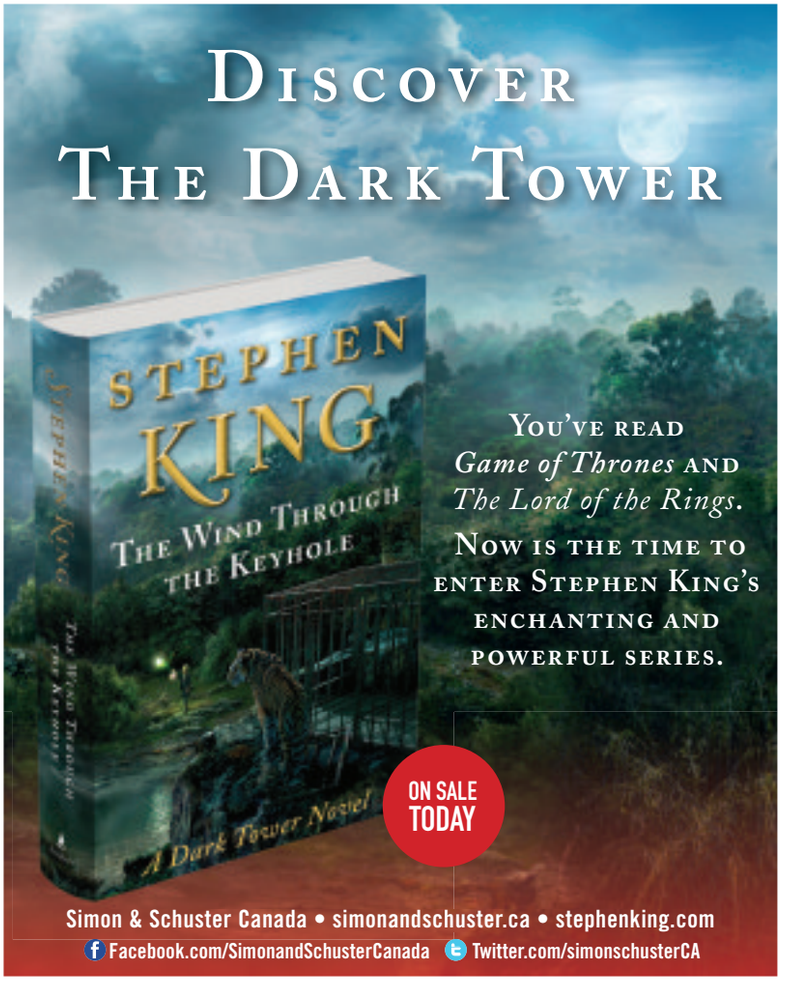
Twitter

@octaviaspencer
very little tv here in Prague, so I am sure to be productive! still jetlagged. lots of rain in London

@ConanOBrien
Just heard the craziest recording of Mel Gibson speaking in calm and measured tones.

@adriengrenier
Thanks #TSA for another 'guilty until proven innocent' pat down at the airport. If we sacrifice freedom 4 safety & we sacrifice both.

@RichardDreyfuss
For the record: I thoroughly enjoyed the film Last Action Hero.


DISCOVER
THE DARK TOWER
STEPHEN KING
THE WIND THROUGH THE KEYHOLE
A Dark Tower Novel
YOU'VE READ Game of Thrones AND The Lord of the Rings.
NOW IS THE TIME TO ENTER STEPHEN KING'S ENCHANTING AND POWERFUL SERIES.
ON SALE TODAY
Simon & Schuster Canada • simonandschuster.ca • stephenking.com
Facebook.com/SimonandSchusterCanada Twitter.com/simonschusterCA

Prince Harry. ALL PHOTOS GETTY IMAGES

Coming to America, again: Prince picks up prize

Prince Harry, who caused a stir last year in the U.S. when he trained as a helicopter pilot — and hit a few bars — will be returning to the States to accept the Atlantic Council's 2012 Award for Distinguished Humanitarian Leadership next month, the royal announced in a statement. The Prince is receiving the award for his charitable work on behalf of veterans and their families. Prince Harry says he is accepting it on behalf of "his brother the Duke of Cambridge, and their joint work through the Foundation of Prince William and Prince Harry."

It's puppy love for Hunger Games star

Josh Hutcherson has a new canine in his life, and when it came time to name it, he went with some A-list inspiration. "I'm obsessed with the movie Drive, and Ryan Gosling's character was named Driver," he tells Us Weekly. "I always thought it was a good name for a dog, so it just kind of worked out." No word if Gosling plans to return the favour by naming a dog Peeta.

Josh Hutcherson

Triple threat

1 Scarlett Johansson

Having lost 10 pounds for the role in Iron Man 2, Johansson got back into kick-ass shape thanks to extensive martial arts training.

2 Robert Downey Jr.

His trainer, Brad Bose focused on resistance training using the rowing machine and treadmill and put him on a protein-rich diet.

3 Chris Evans

Evans' trainer, Simon Waterman, was told to make him look "lean, big and strong." After lots of squats and deadlifts, his body fat dwindled to 8 per cent.

Chris Hemsworth plays Thor, the hammer-wielding God of Thunder. HANDOUT

Try the Thor workout

Celebrity fitness. Want to get Thor-sized biceps and a chiseled Thor-so? His personal trainer shares secrets to getting ripped

ROMINA MCGUINNESS
Metro World News

All Gods have superhuman qualities. In Thor's case, he has superior strength and speed — and major biceps. Unfortunately, we mere mortals — including Hemsworth — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender," he says. "Combining the two physical attributes isn't so easy, as it requires merging two different body types. However, it's not impossible."

To solve this problem, Knight created a system that can make you both lean and muscular.

How to get into superhero shape

Knight treated Hemsworth like an off-season bodybuilder:

"First I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

PHASE ONE: The 'Building'

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish get-ups, windmills, bum squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer.

"Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift," he warns.

Food for the Gods

What you eat is crucial if you want to be strong.

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training, he was eating 6,000 calories a day, but working out so much that he was burning them right off. His diet included huge quantities of grains, vegetables, lean protein and potatoes, on top of getting plenty of water and rest," Knight said.

By this point, Hemsworth was ripping through the arms of his Thor costume. Knight then had to get him back down to size.

PHASE TWO: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on 'infusion' training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledgehammers, log presses, prowler sprints and kettlebells.

"I had to get Chris moving quickly and constantly. Can't do a push-up? Hold a plank — so long as you keep doing something," says Knight.

The life of a God isn't all easy. HANDOUT

The caveman diet. Don't delude yourself — cutting the fat is the only answer

Chris Hemsworth ate like a caveman while prepping for his new movie — nothing other than clean foods that weren't loaded with garbage.

"Chris could eat anything that came off trees and from the ground, such as nuts and berries or things you could hunt," says Knight. "He cut out fake sugar, getting his fill from antioxidant-rich fruits such as blueberries, bananas and strawberries."

Hemsworth wasn't eating for pleasure, but for purpose: "If you want the statuesque body of someone like Hemsworth, then your purpose has to be being fit and healthy," says Knight.

The problem is that most people want both — they want to eat tasty, rich food and at the same time have a perfect body.

If you think that's possible, you're delusional.

Hemsworth may have played a God, but at the end of the day, he's only human. He got his body thanks to his determination and dedication. So quit looking for immediate results and follow his lead. ROMINA MCGUINNESS

Fighting form

Hemsworth's fitness secret:

- **To get fit, get fighting.** Outside of his grueling filming and fitness schedule, Hemsworth would blow off some steam with some Muay Thai kickboxing with the stunt team.

3 LIFE

Health minute

Eat clean to look lean

Want to strip away your body fat and show those ripping muscles? Then eat what Mother Nature intended. Recipes from The Paleo Diet Cookbook by Dr. Loren Cordain are great if you want to attempt a clean and simple diet.

Controversial claim

Will new study hold water?

Thirsty? Scientists from the University of Bristol in England claim that proteins (molecules that allow us to convert food into energy, supply oxygen to our blood and muscles, and drive our immune systems) may not be dependent on water to survive and function. The controversial statement is currently challenging one of the key beliefs in chemistry.

METRO WORLD NEWS

On the web

Spiritual guru Deepak Chopra takes pointers from Oprah on her 'Lifeclass' tour

Classic butter chicken is easier than you may think

Butter chicken is an Indian staple that has become popular in North America. However, many people are intimated by what goes into making the delicious dish.

In her book, My Cooking Class Indian Basics, Jody Vassallo offers this step-by-step version to make it simple.

The dish is very rich so you may want to leave out the ghee at the end if you would like to reduce the amount of fat. You can also marinate the chicken overnight for a more intense flavour. Make sure you grill the chicken until it blackens slightly, Vassallo advises.

Ingredients

4 portions
Preparation: 20 minutes
Cooking: 40 minutes

- 2 lbs. (1 kg) boneless, skinless chicken thighs, cut into bite-sized pieces
- 3 tablespoons (45 ml) tandoori masala
- 1 tablespoon (15 ml) garlic ginger paste
- 1/2 cup (125 ml) plain yogurt
- 3 (14-ounce/398 ml) cans diced tomatoes
- 1 teaspoon (5 ml) garam masala
- 1/2 teaspoon (2 ml) paprika
- 1 cup (250 ml) light cream (20%)
- 2 tablespoons (30 ml) grated palm sugar or soft brown sugar
- 3 tablespoons (45 ml) chilled ghee
- ½ teaspoon (2 ml) salt
- 2 tablespoons (30 ml) chopped fresh cilantro

1. Preheat a grill. Put the chicken in a bowl, add the tandoori masala, garlic-ginger paste and yogurt and mix well, until the chicken is coated.

2. Arrange the chicken in a shallow baking dish and cook under the hot grill until tender.

3. Remove the chicken from the dish and set aside.

4. Pour the juices from the baking dish into a pan and add the tomatoes, garam masala, paprika, cream and sugar.

Butter Chicken

This recipe serves four. JAMES LYNDSAY, FIREFLY BOOKS 2011

5. Bring the mixture to a boil and cook over high heat for 10 minutes, until the sauce is thick and creamy. Add the cooked chicken, the ghee and salt and simmer for 3 minutes, until the ghee melts and the chicken is heated through.

6. Sprinkle the cilantro on top and serve with lime wedges and freshly cooked rice.

RECIPE USED WITH PERMISSION FROM INDIAN BASICS: 82 RECIPES ILLUSTRATED STEP BY STEP BY JODY VASSALLO; FIREFLY BOOKS 2011 ($24.95 PAPERBACK)

Classic Cuban Pork Sandwich. Enjoy an easy to put together snack

This delicious sandwich can be enjoyed while watching a game or taking it on the run for those busy weeknights with the family.

1. Slice baguette in half lengthwise. Spread mustard on both sides of the bread. On bottom half of baguette, layer the ham, pork, cheese and pickles. Cover with other half of bread; slice in 4 equal sections. **FINLANDIACHEESE.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)**

Ingredients

- 4 oz (125 g) sliced peppered or herbed deli ham
- 4 oz (125 g) thinly sliced cooked pork loin
- 8 slices Gouda cheese
- 1/4 cup (60 mL) grainy mustard
- 1/2 cup (125 mL) sliced dill pickles
- 1 ciabatta loaf or vienna style baguette

Salsa Guacamole. Fresh and light ingredients offer twist on old fave

Looking for something to dunk your chips into or serve up on your next burger? Try this spin on a guacamole with fresh fruit flavours of pineapple and mango.

1. In a bowl, combine tomato, jalapeno, pineapple, mango, onion and salt. Stir to combine.

2. Add avocado and lime juice and stir gently to combine.

3. Serve the guacamole with pita or tortilla chips or on burgers or grilled chicken.

HASS AVOCADO BOARD/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tomato, diced
- 1 jalapeno, seeded and diced
- 125 ml (1/2 cup) each diced pineapple, mango and onion
- 2 ml (1/2 tsp) salt
- 1 large avocado, diced
- 15 ml (1 tbsp) lime juice

Traditional jambalaya taste, minus the calories

In this recipe, Rocco Dispirito replaces rice with Miracle Rice. A variety of shirataki noodle, it is an increasingly popular option for ultra-low-calorie noodle products. Miracle Rice has no calories, no fat, no carbs and no sodium. It resembles a large couscous and has an extremely mild flavour.

The result has just 233 calories and eight grams of fat per serving. Traditional recipes have 16 grams of fat and 767 calories.

This recipe serves four. THE CANADIAN PRESS H/O

1. Season chicken with salt and pepper.

2. In sauté pan over medium-high, heat oil. Once oil has starts to smoke, add chicken. Brown chicken 3 minutes, turning pieces once. Remove from pan and add sausage, browning 1 minute, turning pieces once.

3. Add adobo and chili powder and cook for 30 seconds. Add onions, then reduce heat to medium-low and caramelize them slowly until soft and browned, 6 to 8 minutes. Add pepper and garlic and cook until soft, about another 2 minutes.

4. Add browned chicken, broth, Miracle Rice and black beans. Bring to a simmer. Simmer, uncovered, over medium to low heat for about 5 minutes or until chicken is cooked through and sauce is slightly thickened. Season with salt and pepper and divide among 4 serving bowls. **THE ASSOCIATED PRESS/ ROCCO DISPIRITO, AUTHOR OF THE NOW EAT THIS! AND NOW EAT THIS! DIET COOKBOOKS.**

Ingredients

- 4 large boneless, skinless chicken thighs, cut into 5-cm (2-inch) chunks (about 425 g/15 oz)
- Salt and ground black pepper, to taste
- 7 ml (1/2 tbsp) olive oil
- 90 g (3 oz) chicken and turkey andouille sausage, cut into 2.5-cm (1-inch) slices
- 5 ml (1 tsp) adobo powder
- 1 ml (1/4 tsp) chipotle chili powder
- 375 ml (1 1/2 cups) chopped yellow onion
- 250 ml (1 cup) chopped red bell pepper
- 2 cloves garlic, minced
- 150 ml (2/3 cup) reduced sodium chicken broth
- 2 pkgs (each 250 g/8 oz) Miracle Rice, rinsed
- 125 ml (1/2 cup) canned black beans, drained

Buying a house? Consider a mortgage broker before heading to your bank

Mortgage alternative. An independent broker often has access to better rates and more flexible repayment terms

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I sold my property last week and I'm in a mad scramble to find a new home. With my wish list in hand and a pre-approved mortgage under my belt, I'm confident I'll eventually find what I'm looking for.

Much to the chagrin of my financial planner, a bank employee, I've decided to use an independent mortgage broker rather than getting my mortgage from the bank. Based on my research, mortgage brokers often have access to better rates and more flexible repayment terms.

Mortgage brokers often have access to better rates and more flexible repayment terms. ISTOCK

Mike, my broker and an old pal from university, walked me through the pre-approved application process and reviewed my commitments to the bank where my existing mortgage resides. He then shopped my application around to multiple vendors and came back less than 24 hours later with a rock-bottom rate.

An independent mortgage broker isn't tied to any financial institution and instead works on your behalf, rather than the lender.

Because they are not employees of a lending institution, mortgage brokers are not limited in the products they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies and insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

In most cases, mortgage brokers are free. When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender based on size of the mortgage, not the rate.

If you're thinking of using a mortgage broker, choose wisely. Get referrals from trusted friends or family members. Do your research in advance of meeting with them; know about current rates and structures. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

I love saving money, and based on my recent first-hand experience, using a mortgage broker will save me tens of thousands of dollars.

Advice

In search of polygamy

Dear sisters,
My girlfriend and I have been together for more than two years and I think she's the woman I will end up marrying, but I still find myself wanting other women — to satisfy other parts of me. We've talked about having an open relationship and we're both into the idea. How do you suggest we approach this without destroying what we have?
Polyconfused

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear Big Love,

I'm very happy to hear that you've discussed this with your significant other before engaging someone else romantically. No one likes to be included in a decision only after it's been made. The fact that your girlfriend is open to the idea in theory doesn't mean that she will be in practice — she may be just going along with what you want, not realizing the emotional consequences that this could have.

Ask yourself: are you trying to fill in "the other parts" with more women, when they aren't the answer? If the answer is "maybe" or "yes," hit the brakes and re-evaluate. If not, best of luck, sir.

Claire: Dear Poly,

Of course you still crave other women — you're human. But asking me how to have an open relationship is like asking a vegetarian to eat headcheese — I simply don't get it.

The question is: what (other) parts of you need satisfying, and how important are these needs? Are you sure you can't fulfill them together? If not, I would lay down some very clear ground rules for you both, about where, how and what you do with these other people. From what little I know, this is essential to keeping the peace.

Just be compliant, say good luck and move on

Ah, the old monetary wedding gift — in cheque form, of course. ISTOCK

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I recently got this mass email from a friend who just got married, and would really like to know what you think? Personally, I am offended. Thanks, Lisa

"I'm sending this message to all of you who gave us money for our wedding gift (the best gift of all if you ask me!). Some of you gave cash and some gave cheques, but I'm not sure who gave which. Of the cheques, some were made out to my maiden name and I was unable to cash them since I couldn't change my name with the bank until a few days ago (had to wait for the marriage certificate to do so). Now that I am able to cash them, I'm unable to find that special spot where I kept those cheques! If you provided us with a cheque made out to my maiden name, we would appreciate it if you could please provide us with a replacement cheque.

Dear Lisa,

Wow — what a conundrum, to say the least. I sincerely feel sorry for the bride, as I am sure she needs the money and it would help her as she starts her new married life.

However despite the bride being wrong, if by chance you gave a cheque and know that it has not been cashed, I would personally replace it and move on.

She doesn't know any better, so best to just leave it. And wish her the best as she starts her married life with her new husband.

4

SPORTS

CFL

Hargreaves added to Esks' arsenal

The Edmonton Eskimos signed free-agent receiver Aaron Hargreaves Monday.

Hargreaves spent the last four seasons with Winnipeg after being selected 15th overall in the 2008 CFL Canadian college draft.

THE CANADIAN PRESS

NHL

Eberle among Lady Byng finalists

Defenceman Brian Campbell of the Florida Panthers, Edmonton Oilers right-winger Jordan Eberle, from Regina, and left-winger Matt Moulson of the New York Islanders were named Monday as finalists for the Lady Byng Memorial Trophy.

Jordan Eberle GETTY IMAGES FILE

The award is given for sportsmanship and gentlemanly conduct, in addition to a high standard of play.

THE CANADIAN PRESS

NHL

Blues' Halak ruled out to start series

St. Louis goalie Jaroslav Halak will not play in the first two games of the Blues' upcoming playoff series against the Los Angeles Kings. He was injured in Game 2 of the Blues' series against San Jose. THE CANADIAN PRESS

MLB

"It's a very hard day for me. It's been a great, great run.... It's been beautiful."

Ivan Rodriguez. The 14-time all-star catcher announced his retirement Monday, ending a 21-season playing career spent mostly with the Texas Rangers.

Rangers take Sens to Game 7

Derek Stepan celebrates the Rangers' first goal against the Senators Monday at Scotiabank Place.

JOSE F. MORENO/THE COURIER-POST/THE ASSOCIATED PRESS

NHL. Richards, Stepan help New York avoid elimination and send series back to Madison Square Gardens

Put the upset on hold. The Ottawa Senators are going to have to win another game on Broadway to slay the Beasts of the East.

Brad Richards had a big goal and an assist while Derek Stepan added three points as the New York Rangers staved off elimination Monday with a 3-2 victory over Ottawa.

The series will be decided by Game 7 at Madison Square Garden on Thursday night.

Not even the return of captain Daniel Alfredsson in front of the fired-up home crowd at Scotiabank Place could spark the Sens to the final victory needed to eliminate the top seed in the Eastern Conference. Chants of "Alfie! Alfie! Alfie" rang throughout the building to add even more emotion to the occasion.

But it was some of the Rangers' slumbering scorers who answered the bell, with Stepan, Richards and Chris Kreider scoring goals during a momentum-swinging second period.

Chris Neil and Jason Spezza replied for Ottawa.

It was yet another game played in the mud and the trenches, which seemed to be just as the Senators wanted it. The underdogs had gained an upper hand in the series largely because of role players like Neil, who made a noticeable impact once again in Game 6.

The momentum seemed to be completely in Ottawa's favour when the first intermission hit, especially with goalie Craig Anderson locked into a lengthy shutout streak and looking sharp once again.

But the Senators lost their focus in the second period and saw the tide turn with the referees giving the Rangers four power plays in the frame.

A controversial call helped put the Rangers ahead for good.

New York received a lengthy 5-on-3 after Nick Foligno was sent off for goaltender interference — replays showed two Rangers players guiding him into Lundqvist — and Richards took advantage of the extra space by skating off the wall and beating Anderson high at 17:08. THE ASSOCIATED PRESS

By the numbers

11:11

Fans have come up with a way to honour what may be captain Daniel Alfredsson's final NHL season: When the game clock reaches 11:11 — Alfredsson wears No. 11 — the fans count down before repeatedly chanting "Alfie! Alfie! Alfie!".

Panthers-Devils

Florida scales back on rats

The rats can still fly — when appropriate — at Florida Panthers hockey games. They just won't be for sale there anymore. Florida announced Monday it will no longer sell the plastic toys for $5 US apiece at BankAtlantic Center, starting immediately. "This is a result of visiting fans throwing rats on the ice during the game," Panthers president Michael Yormark wrote on Twitter. It's all a nod to the 1995-96 season, when Florida went to the Stanley Cup finals.

THE ASSOCIATED PRESS

On the web

Albert Pujols got $240 million US to come to Los Angeles as a free agent in the off-season, but he has yet to hit a home run in an Angels uniform in 2012. The slugger is mired in the second longest homer-less drought of his career and that is just one of the Angels' worries. Scan the code for the story.

NHL. Canucks try to come to grips with early ousting

Now, the soul-searching begins for the Vancouver Canucks.

A season that began with hype and hope ended Sunday in disappointment and dismay. The Canucks lost 2-1 in overtime to the Los Angeles Kings in the fifth game of their Western Conference quarter-final series.

The underdog Kings only qualified for the playoffs in the final days of the regular season. But they beat a favoured Canucks squad that finished atop the NHL's overall standings for the second straight season by a decisive 4-1 count in the best-of-seven series.

"We're all very disappointed with how things turned out right now, and (we're) just going to step back and figure things out," said coach Alain Vigneault.

Vancouver's Henrik Sedin shakes hands Sunday with Kings goalie Jonathan Quick. RICH LAM/GETTY IMAGES

THE CANADIAN PRESS

MLB

Explanation in Braun drug case to be shelved?

People familiar with the case say there may never be a written decision explaining why Ryan Braun's drug suspension was overturned.

The arbitrator who threw out the 50-game suspension of the NL MVP has been asked by the players' union and management to hold off giving his reasoning while they negotiate changes to their rules for collecting specimens.

THE ASSOCIATED PRESS

Clemens. Gloves come off in opening statements

Prosecutors are painting Roger Clemens as a man who told lies and tells "other lies to cover up lies" after the court seated a jury that includes seven people who said they've never heard of the seven-time Cy Young Award winner now being retried on charges of lying to Congress.

Prosecutor Steven Durham made his opening statement Monday. He called Clemens a "great baseball player" who engaged in a "story of deceit and dishonesty and betrayal" instead of acknowledging alleged use of steroids and human growth hormone.

Back in court

Roger Clemens is accused of lying when he said he never used steroids or HGH at a 2008 congressional hearing and at a deposition that preceded it. The case is back in court after a mistrial last year.

On the fifth day of the trial, the court finally seated 12 jurors and four alternates. The 10 women and six men mostly said they didn't follow baseball or know much about Clemens.

THE ASSOCIATED PRESS

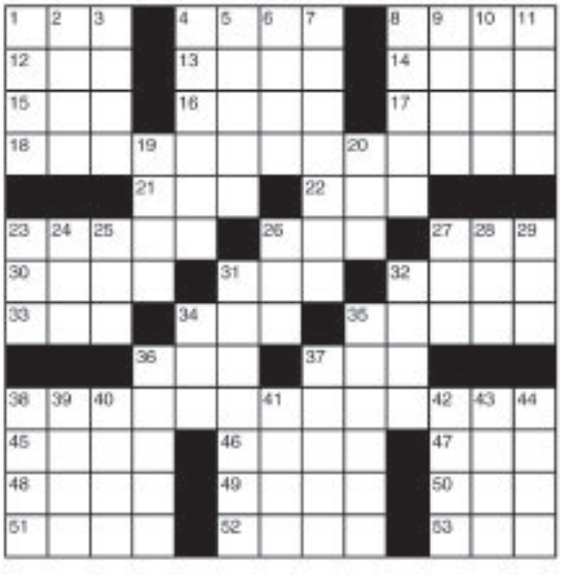
Crossword

Across

1 Wanted-poster abbr.
4 Throat clearer
8 Impale
12 In the thick of
13 Prolonged sleep
14 "The Music Man" locale
15 Put off paåying
16 Invent a word
17 Succeed at horticulture
18 TV show set in Arlen, Texas
21 Mule's daddy
22 Feedbag tidbit
23 Dangle a carrot
26 Supporting
27 Indispensable
30 Woodwind
31 Spitball
32 Jazz style
33 — -Wan Kenobi
34 Zero-star review
35 Fills till full
36 Sandy's comment
37 Shade provider
38 Pennsylvania town
45 Bloodhound's clue
46 Rings around the collar?
47 URL end
48 Unescorted
49 Apiece
50 Packed away
51 Lotion additive
52 Dispatch
53 Took off

Down

1 Uncontrollable
2 Chinese gooseberry
3 Mideast gulf
4 Approach aggressively
5 Stock footage?
6 Send forth
7 Boy's eventual status
8 Vision
9 Actress Spelling
10 MPs' captive
11 Wail loudly
19 Yawn
20 Corn spike
23 Excessively
24 Undergo recession
25 "Ostentatious? —?"
26 Enthusiast
27 DIY buy
28 Enos' granny
29 "Undeniably"
31 Brunch entree
32 Predicaments
34 Expert
35 Like wet snow
36 Correspond
37 "All My Children" role
38 Caffeine-rich nut
39 "American —"
40 Admonition to Nanette
41 Ring out
42 Cicatrix
43 Tittle
44 Congregation's cry



Sudoku

	1	3					9	
7					5		6	
6			8		9	3		
	4			8		5		9
9		2		4			1	
		6	4		2			7
	5		1					4
	9					1	2	

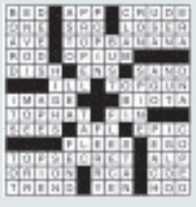
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	1	7	8	5	2	6	3
2	3	7	4	6	9	1	8	5
6	5	8	3	2	1	9	7	4
1	2	6	9	3	8	5	4	7
5	7	3	1	4	6	8	2	9
9	8	4	5	7	2	6	3	1
8	4	5	2	9	3	7	1	6
3	1	2	6	5	7	4	9	8
7	6	9	8	1	4	3	5	2

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q IYRUQMIQAU, WYYCXAF CXJY XU LXLA'U EKQIFY YAZMFK WZI WXCCYUR, LYEXLYL UZ IQXRY UKY RUYQJR.

Yesterday's Cryptoquip: SUPPOSING YOU HAD YOUR PICTURE TAKEN BY A BIG ALASKAN BEAR, I'D CALL THAT A KODIAK MOMENT.

Today's Cryptoquip Clue: L equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Partners and colleagues will happily shovel more work in your direction today – and you will happily shove it back at them.

Taurus | April 21 - May 21. You will be hugely assertive over the next few days.

Gemini | May 22 - June 20. Someone may have let you down once but that does not mean they will let you down again.

Cancer | June 21 - July 22. If there is something that needs doing in your life that you feel is beyond your capabilities then call in an expert.

Leo | July 23 - Aug. 22. Try not to make a bad impression on someone you have to deal with.

Virgo | Aug. 23 - Sept. 22. This will be one of those wonderful days when everything goes right for you, even if you do the wrong things.

Libra | Sept. 23 - Oct. 22. Whatever the majority opinion happens to be at the moment you will take the opposing view, just for the fun of it.

Scorpio | Oct. 23 - Nov. 21. Do you have secret enemies? Maybe. Are they lining up to stab you in the back? Of course not.

Sagittarius | Nov. 22 - Dec. 21. Get your chores out of the way as quickly as possible.

Capricorn | Dec. 22 - Jan 20. This is potentially one of the best days of the year for you as the Sun and Mars join forces across the most dynamic angles of your chart.

Aquarius | Jan. 21 - Feb 18. Just because you don't much like someone does not mean you cannot work together on the same team.

Pisces | Feb. 19 - March 20. You have been quietly working away behind the scenes and very soon will get the breakthrough you have been hoping for. When it arrives stay calm and resist the urge to make a big thing of it. Modesty is your strength.

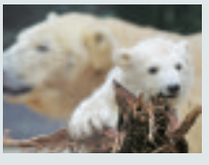
SALLY BROMPTON

Caption Contest

Tell Lady GaGa my beard is not for sale!
Agatha

FELIX KAESTLE/THE ASSOCIATED PRESS

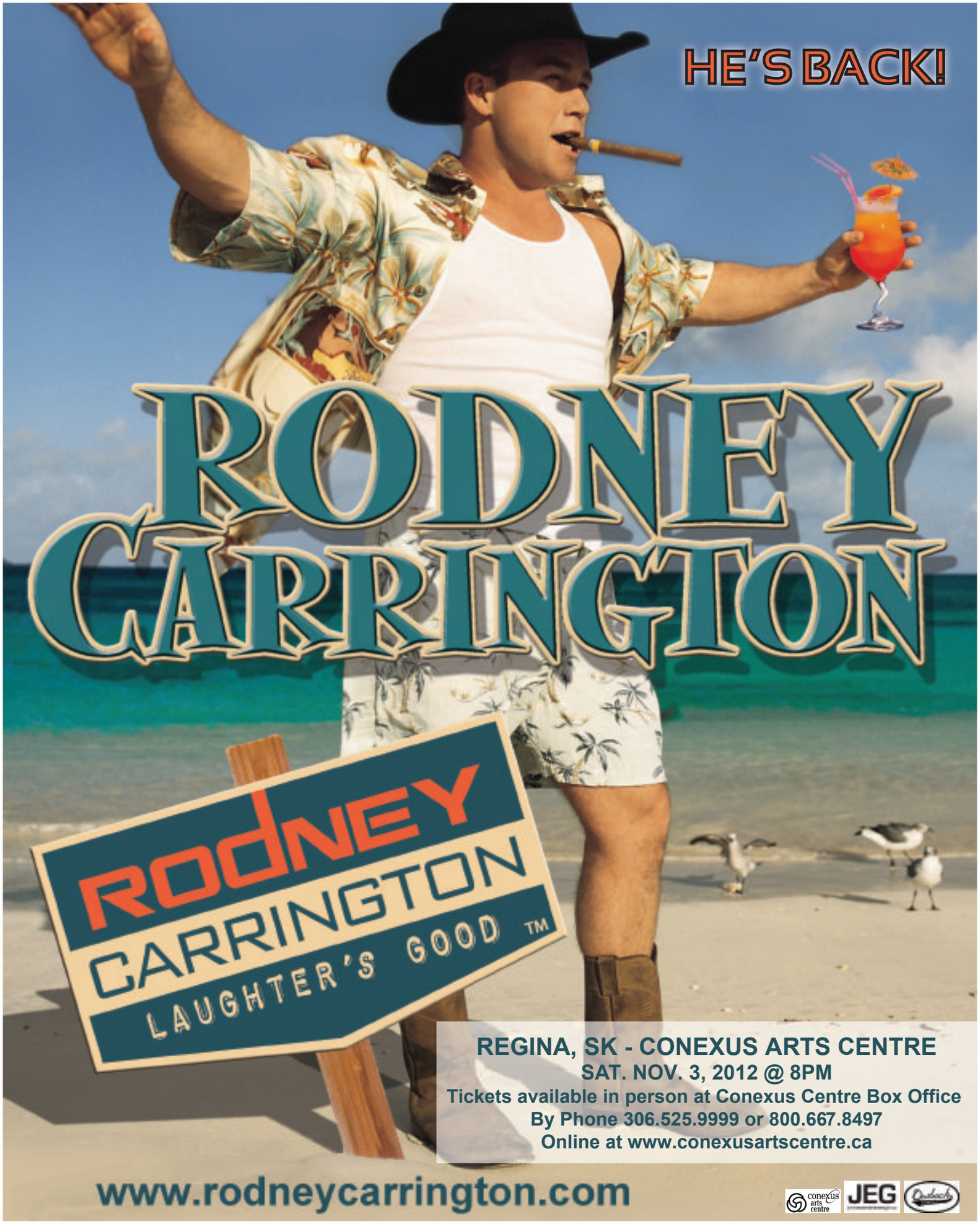
Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NEED A RIDE?
Read metrodrive every Wednesday.



REGINA, SK - CONEXUS ARTS CENTRE
SAT. NOV. 3, 2012 @ 8PM
Tickets available in person at Conexus Centre Box Office
By Phone 306.525.9999 or 800.667.8497
Online at www.conexusartscentre.ca

www.rodneycarrington.com